



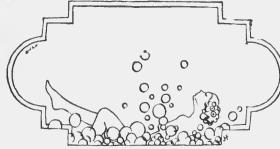
Last week I wrote about the luxury (and necessity, too) of occasionally treating yourself to a "Beautiful Day" — a day reserved just for you and aimed at making you feel really alive and looking your best.

Last week's column ended at 4 p.m., an ideal time after a busy day to slow down and give yourself a good manicure. First remove the old polish and shape your nails with an emery board, filing from side to side. Never, never saw back and forth.

Now massage the cuticles with a cuticle cream and then soak them in warm water for a few minutes. Get an orange stick, wrap it round with a piece of cotton batting soaked in cuticle remover and gently lift the cuticles.

Now massage the cuticles with a cuticle cream. Now buff your nails to make them look shiny and healthy. If they've got white spots on them, that means you're lacking in calcium. So be sure to eat lots of cheese and milk.

Six o'clock and it's bath time. First defuzz your under-arms and legs and then soak in a tub full of water, softened and lubricated with bath oil. This conditions your skin and leaves you feeling deliciously soft and sweet-smelling.



By now it's supper time. Keep up your natural diet (it'll help clean out your system) and have natural yogurt with several slices of a fresh orange, scrambled eggs and an apple.

On how to make-up. Sit down in front of your mirror and re-design your face. Highlighters, blushers and powders can work wonders. Even if you think you have a pale face shape, a little dab of blusher can make all the difference. So draw a triangle on your cheekbone and blend it in.

If you want to heighten your cheekbones, accentuate the bone structure by putting a faint line of highlighter along the bone-line from the temple to the centre of the cheek and blend in well. A hard-pointed chin can look softer with a touch of blusher on each side, while a round, uniform chin looks better with a spot of blusher applied right in the middle.

You can narrow a broad nose by shading down either side, and shorten a long nose by a dot of shade on the tip.

Skin color, of course, is important, too. If you're happy with yours the way it is, choose a foundation shade to match it. If, however, it's too sallow, try a rosy shade. If it's too ruddy, choose an ivory, beige or bronze-toned shade.

A good way to see which color looks the best is to make up one-half of your face and compare the difference.

Re-evaluate your eye make-up, too. And don't exclude your eyebrows. Remember, brows today are fine and feathered, often bushy. You can now soft, shadow eye make-up. Heavy-dark "Liz" Taylor eyebrows are out today as heavy eyeliner, so it will probably be necessary to thin them out. The easiest and least painful way is to either pluck your brows right after your bath when the pores are open from the heat, or to press a towel which has been wrung out in hot water across your brows for a couple of minutes. Now pluck them gently from underneath and in the direction the hair is growing — never from the top.

By now it's time for bed and a good night's sleep. Be sure to get your eight hours. Sleep is the best natural beauty treatment ever invented — and what's more, it's free.

Women's Page

THE HOMEMAKER



The appointment of Lynn Johnson as a district home economist for the Pincher Creek area has been announced by C. J. McAndrews, director or extension, Alberta department of agriculture.

In addition to serving the Pincher Creek area, Miss Johnson will provide part-time service at Cardston, Blairmore and Coleman. Miss Johnson was born at Edmonton, but spent most of her life at Lethbridge. Following high school, she enrolled at the University of Manitoba, where she studied interior decorating.

After returning to Alberta, she spent a year at the University of Lethbridge and two years at the University of Alberta.

She graduated in 1970 with a bachelor of science in household economics.

In her new appointment, Miss Johnson will be providing district extension workers with the latest information on foods and nutrition, clothing and textiles, home management, remodelling and interior design.

She will be working closely with other extension personnel in developing and expanding programs designed to enrich family life at the local and district level.

POOL FUNDS

A donation of \$500 has been made to the Crowsnest Pass pool project by Morley Brody, manager of Alberta Gas Trunk Line.

Mr. Brody made the presentation to pool committee chairman Henry Rowbotham, of Coleman.

Pool construction finances were also boosted with a \$60 donation from Blairmore's St. Martha's Sewing Group.

S.P.C.A.

WANTED: A Good Home For:

1 Male Dog
Black and White
Part Lab and Collie

1 Male Puppy
6 Months Old
Black and White
Part Spaniel and Collie

1 Male Puppy
6 Months Old
Part Great Dane
and Hound

Interested Persons Phone
S.P.C.A. at 562-3586



POOL CHAIRMAN RECEIVES CHEQUE — Henry S. Rowbotham, left, chairman of the Crowsnest Pass pool project committee, accepts a \$500 donation from Robert (Bob) Krysztof, superintendent of operations at Saratoga Processing Company, Coleman. The cheque from Mr. Krysztof's firm is that company's contribution toward the Crowsnest Pass community swimming pool—expected to be built at Blairmore this spring. —Vern Deoux photo



Crowsnest High News

By DEB RITCHIE

Mrs. K. Johnston recently celebrated her 51st birthday and was honored by members of the Order of the Eastern Star.

G. Coover presented her with a gift, for which Mrs. Johnston graciously gave thanks. All joined in to wish Mrs. Johnston many happy returns.

Mr. and Mrs. F. Hribine, of Eureka, Mont., were recent visitors at the home of the latter's mother, Mrs. H. Anderson.

Mrs. John A. McQuarrie visited her daughter and son-in-law and family at Lake Louise. Mrs. McQuarrie also visited her son, Victoria.

Mr. and Mrs. A. A. Herford have returned from a month's visit to Mission City, where they visited their daughter and son-in-law.

J. Howarth recently spent a month's vacation in California.

Mrs. A. B. Westworth has returned from a month's visit with her son Arthur, and family, at Edmonton.

Mrs. J. Rogers has returned after a two-week visit with Mr. and Mrs. J. Bayon at Lethbridge.

Mrs. A. B. Westworth has returned from a month's visit with her son Arthur, and family, at Edmonton.

Inducted to office by Rev. Bob Smith.

Mrs. Mary MacKinnon, president; Mrs. Alice Howitt, vice-president; Mrs. Betty Roc, secretary; Mrs. Emily Owen, treasurer; Mrs. Florence Kerr, corresponding secretary; Mrs. Jean Brody, stewardship; Mrs. Pauline Bakowsky, community friendship; Mrs. Jean Brody, flowers; Mrs. Francis Bond, hospital; Mrs. Rose Coover, Mrs. Larlene Herriman and Mrs. Helen Liddell, kitchen committee.

Mrs. Coover gave a very interesting talk on stewardship.

The business meeting followed, and the year's coming events were planned: a valentine tea, an anniversary tea, a strawberry tea, an autumn tea, a fall bazaar, a Holloween pie social and candy sale.

Following the business part of the meeting, a lunch was served.

SEVEN . . . from Page 1

Present at the meeting were Lou Protti, Hospital Services secretary, department of health, Edmonton; and Charles Drury, MLA, who discussed all aspects of a nursing home.

The unit being considered for the Crowsnest Pass would be a 30-bed home—possibly to be built adjacent to and connected with the Crowsnest Pass Municipal hospital.

Cost of the unit is to be studied by the newly-formed board which feels the cost of a home could be self-liquidating.

A brief will be prepared for presentation to Health Minister James Henderson. If the plan is approved, architectural designs and possible construction could be started without delay.

BABY CLINIC

The Chinook Health Unit Will Hold
A Well Baby Clinic

ON	AT	IN	FROM
Feb. 9	Coleman	United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.
Feb. 11	Blairmore	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
Feb. 12	Hillcrest	Credit Union Office	10:30-11:30 a.m.
Feb. 12	Bellevue	Town Hall	1:30-3:30 p.m.

—(FLOURIDE TABLETS AVAILABLE UPON REQUEST)—

Valentine

Sunday, February 14, 1971

BOXED HEARTS
89¢ - \$4.75

Perfumes - Colognes
Cards

Michael Finn Pharmacy Ltd.

PHONE 563-3619
COLEMAN, Alta.

Rummage Sale

BLAIREMO C.O.S. LADIES
will be holding their
ANNUAL

Rummage Sale

in the
BLAIREMO UNITED
CHURCH BASEMENT
— on —

FRIDAY, FEB. 19, 1971
— from —

2 P.M. to 9 P.M. and
SATURDAY, FEB. 20, 1971
from 10 A.M. to ? ? ?
"All donations accepted"

For Pickup call . . .
562-2664 or 562-2715

— Refreshments Served —



Coleman Elks

CASH and PRIZE

BINGO

in the

Elks' Hall, Coleman

on

FEBRUARY 5, 1971 — 8 P.M.

ADMISSION: \$1.00

12 Games - Bonus Cards 25¢

\$170 in 59 Numbers

Two \$25 Jackpots To Go

\$10 Extra Bingo Card

Winner to receive \$2 extra for each extra card he holds.

9 OTHER CASH GAMES

NEXT COLEMAN LIONS BINGO

WEDNESDAY

February 10, 1971

ELKS' HALL - 8:00 P.M.

14 GAMES OR MORE

4-\$15.00 Cash - 6-\$10.00 Cash

\$35.00 in 7 Numbers

2-\$25.00 Cash - 1-\$50.00 Cash

1-Extra Prize Game

If attendance is 140 or more—will play extra \$25.00 cash game

SENIOR CITIZENS HOME

Thursday, Feb. 4, 1971 - 7:30 p.m.

There will be a public meeting at the Pelle-Crest Club Room at the Municipal Building in Bellevue.

Anyone who is interested in working for the establishment of the Senior Citizens Home in the Pass should plan to attend this meeting.

For further information please phone the:
PREVENTIVE SOCIAL SERVICE
at 562-2331



Editorially SPEAKING

Shooting Up The Establishment

The sign on a theatre marquee, featuring the film *Cromwell*, says it's about an early revolt against the Establishment. But that really doesn't say any more than that all revolutions are directed against "the Establishment" — the established authorities and their social mores and myths.

What most revolutionaries want, basically, is freedom from oppression, freedom to live their lives in new ways. The oppression may be real or fancied. Usually they end up oppressing others in the name of liberty.

In short, they become the Establishment, as the Puritans did in 17th century England. And when the people had enough, they tossed them out and brought back the old Establishment.

True, things were never quite the same again. England was never as merry as it once had been — but whether that was for better or worse is a matter of argument.

There must be a moral here . . . somewhere.

Bring Home The BNA Act

The Canada-wide travels of the joint Senate-Commons committee on the constitution have proved at least one thing: The mass of Canadians, from one end of the nation to the other, have a very deep interest in the future of their country.

Several points of fundamental importance have been observed. One of these is that the majority of the briefs and individual presentations express the opinion that Canada does not need a new constitution.

The British North America Act, with suitable amendments, will continue to serve if this majority is heeded. It is about the "suitable" amendments that most differences arise.

It is unlikely in any case, that there will be any action on the constitution in the immediate future; certainly not before the next election. The joint committee will not make its report to Parliament before the end of this year.

Less than a decade ago it appeared as if the problem was licked by the combined ingenuity of two former justice ministers, E. Davie Fulton and Guy Favreau. Mr. Fulton, when a member of Prime Minister John Diefenbaker's government, started things rolling for what became known as the Favreau-Fulton Formula.

It was designed first to fix a method of amendment, which would be the basis for the historic constitution to be brought out of the British statute book.

All 11 governments had accepted it and all seemed well until the Union Nationale-dominated Quebec upper chamber — the only provincial upper chamber in the country — vetoed it.

Mr. Fulton's appearance before the committee was perhaps the most important event of its hearings.

He demonstrated that the F-F Formula is still viable. It is to be expected that the formula will be revived in some form as the foundation for constitutional reform.

They Spoke For Canada

It should now be clear to the federal government that the Canadian people are in no mood to accept the controversial recommendations of the interim report of the Le Dain Commission on non-medical drug use.

The provincial attorneys-general, at a meeting in Halifax recently, strongly opposed radical changes in Canada's drug control laws.

The tone of opposition to legal changes proposed by the commission was the same whether it came from Charlottetown, Regina or Victoria.

Among recommendations of the report tabled in the House of Commons were proposals that fines be substituted for prison terms for possession of any drugs; that marijuana be shifted from the Narcotics Control Act, where penalties are stiff for possession and trafficking, to the Food and Drug Act, where offences could be dealt with more leniently.

It may be that some way should be found which will allow more leniency to be accorded first offenders for possession of marijuana. But the commission goes too far in suggesting no one should be liable for imprisonment for simple possession. Also, the laws should be made even more stringent, rather than more lenient, in the case of trafficking.

Provincial attorneys-general have reminded Ottawa, in effect, it is not wise to change laws just because they are widely challenged or ignored.

THE COLEMAN JOURNAL

THE ONLY NEWSPAPER IN THE WORLD THAT GIVES A DAMN ABOUT COLEMAN

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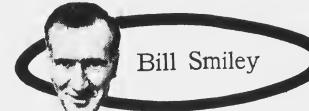
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THE COLEMAN JOURNAL

Page Three — February 4, 1971



Bill Smiley

Cook or a Nurse — Just Call Smiley

Thank goodness for work and routine. They're the best medicine in the neurotic world we live in.

The highly-touted "holiday season" should be enough to make a great many people agree with me.

Looking back, I predicted a quiet holiday. And it started out all right. Kim came home from college a couple of days early, quite a sight, just like old self. But each day her face lengthened as she sorted the Christmas mail. Nothing for her. Day after day.

Her secret desire, of course, was a message from the loved one who is spending the winter up around Hudson Bay somewhere. Nothing. She alternated between reviling him and glooming about the place.

The day before Christmas it came — long letter, so personal that she would read only bits to her avidly-interested mother. And the thing that really killed her was that in the same mail she received an equally ardent letter from a young man she's been seeing at university. "Just to pass the time until Joe gets home," she chortled at the irony of it all.

This was all very good for my wife's nerves. Combined with the general shabbiness of the young people — they all wear shorts and there's tobacco all over the floor, they eat and drink coffee in a continuous process for 24 hours and never wash a dish; their clothes are draped all over the house; and the hi-fi goes at a brain-shattering decibel count — all

at the irony of it all.

Then there was a round of X-rays of chests, calls to insurance adjusters, and confessions that other people had six essays overdue, but they had an exam right after the holidays and hadn't done a tap of studying and that others were out of a job.

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The only privacy I had was when I locked myself in the bathroom, and then my wife would be shrilling from her bed: "Are the dishes done? Who's going to vacuum the rug? There are four loads of washing in the basement!"

The only other private moments were when I went shopping. And baby, I didn't hustle through the supermarket. I strolled like a tired tortoise, enjoying every voluptuous moment of it.

But the worst thing of all was the complete lack of privacy. I am not anti-social, but I do need an hour or two a day to escape from people, read, think, sleep.

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